

**Sources of help for school staff**

If you are feeling stressed, anxious or down, or are concerned about someone else, you may find it useful to consult the help sources listed here.

If you are experiencing **extreme feelings of distress**, we strongly encourage you to speak to your GP, so they can offer you appropriate help and support.

**MIND**

Mental health charity providing advice and information.

Telephone: 0300 123 3393 or text 86463

Email: info@mind.org.uk

[www.mind.org.uk](http://www.mind.org.uk)

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| **Local MIND contacts** | | |
| **Caerphilly Borough Mind**  Telephone: 01443 816945  [info.cbmind@yahoo.co.uk](mailto:info.cbmind@yahoo.co.uk) | **Merthyr and the Valleys Mind: Information and Advice Centre**  Telephone: 01685 727522  [info@matvmind.org.uk](mailto:info@matvmind.org.uk) | **Newport Mind**  Telephone: 01633 258741  [admin@newportmind.org](mailto:admin@newportmind.org) |
| **Cardiff Mind**  Telephone: 029 20402040 | **Neath Port Talbot Mind**  Telephone: 01639 643510  [neathmind@btconnect.com](mailto:neathmind@btconnect.com) | **Torfaen Mind**  Telephone: 01495 757393  [Bernie.davies@torfaenmind.co.uk](mailto:Bernie.davies@torfaenmind.co.uk) |

**C.A.L.L – Community Advice and Listening Line**

An all Wales out of hours mental health telephone helpline service providing emotional support, information on local and national services. They also provide literature on a range of subjects, symptoms and treatments

Telephone: 0800 132 737 (open 24 hours)

Website: [www.callhelpline.org.uk](http://www.callhelpline.org.uk)

**Cardiff and Vale Action for Mental Health (Cavamh)**An umbrella organisation working with voluntary sector groups with an interest in mental health, 029 2022 2000  
email: [mail@cavamh.org.uk](mailto:mail@cavamh.org.uk)

<http://www.cavamh.org.uk>

**Cruse Bereavement Care**

Daytime helpline: 0844 477 9400, or email: helpline@cruse.org.uk

Online advice and information:

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

**Depression Alliance**

Information about depression and access to self-help groups

[www.depressionalliance.org](http://www.depressionalliance.org)

**Education Support Partnership (formerly Teacher Support Network)**24/7 helpline number for teachers: 08000 562 561

Online advice and information for teachers:

<http://teachersupport.info/>

**Gofal**

Leading Welsh mental health and wellbeing charity: support and information

[http://www.gofal.org.uk/ Wales 18/12/15 Version1](http://www.gofal.org.uk/%20Wales%2018/12/15%20Version1)

**Gwent Drug and Alcohol Service   
Consortium of substance misuse** services with services in Blaenau Gwent,   
Caerphilly, Torfaen, Newport and Monmouthshire, 0333 999 35 77,email: [info@gdas.wales](mailto:info@gdas.wales), Website: [www.gdas.wales](http://www.gdas.wales/)

**Hafal**

Principal organisation in Wales working with individuals recovering from serious mental illness and their families.

Tel: 01792 832400

Email: [hafal@hafal.org](mailto:hafal@hafal.org); Website: <http://www.hafal.org/>

**New Horizons**Support for people with mental health problems, living in the Cwm Taf Local Health Board area**.** 01685 881113  
Email: [info@newhorizons-mentalhealth.co.uk](mailto:info@newhorizons-mentalhealth.co.uk), Website: [www.newhorizons-mentalhealth.co.uk](http://www.newhorizons-mentalhealth.co.uk/)

**Royal College of Psychiatrists**

Leaflets and expert advice on mental health

<http://www.rcpsych.ac.uk/expertadvice.aspx>

**Safer Caerphilly Multi Agency Centre (MAC)**  
one stop shop for advice on domestic abuse.   
01443 819317

**Samaritans**

24/7 helpline number: 116 123 (free phone)

Email: jo@samaritans.org

[www.samaritans.org](http://www.samaritans.org)

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| **Local SAMARITAN contacts** | |
| **Bridgend:** Green Street,  Bridgend, CF31 1HF  Telephone: 01656 662333 | **Cardiff:** Cowbridge Road East  Canton, Cardiff, CF11 9AF  Telephone: 029 2034 4022 |
| **Newport:** 43 Stow Hill  Newport, NP20 1JH Telephone: 01633 259000 | **Swansea:** 17 St John's Road,  Manselton, Swansea, SA5 8PR  Telephone: 01792 655 999 |

**SANE**

Charity to improve the lives of those affected by mental illness.

24/7 helpline number: 0945 7678000

Online advice and information:

[www.sane.org.uk](http://www.sane.org.uk)

**Self-Injury Support**

Information and support for girls and women affected by self-injury or self-harm:

Self-injury helpline 0808 8008088

Text and email support for girls and young women up to 24 years: 0780 0472908

<http://www.selfinjurysupport.org.uk/>

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| **Local groups: Self Injury support** | |
| **CASIP (Cardiff Adult Self-Injury Project)**  CASIP is the first user led self-injury project based in Cardiff for adults (over 18 years), caregivers and healthcare professionals.  [www.casip.org.uk](http://www.casip.org.uk/) | **Self-Harm, Self-Help Peer Support Community Group - Bridgend**  A new Self-Harm, Self-Help Peer Support Community Group is starting Monday 24th March 2014 in Bridgend, 5:30pm-6:30pm. The group will meet on the 4th Monday of every month.  [grapevines.info/self-harm/](http://grapevines.info/self-harm/) |
| **Swansea, Self Harm Support Group**  Swansea Mind offers a self-help support group for adults over 18 years of age who self harm.  [www.swanseamind.org.uk/self\_help.php](http://www.swanseamind.org.uk/self_help.php) | **The Amber Project, Cardiff and surrounding areas**  The Amber Project offers support and information to young people (aged 14-25 years) who have experience of self-harm and who live within travelling distance of Cardiff.  [www.amberproject.org.uk](http://www.amberproject.org.uk/) |

**SHADE (Self Help Against Depression)**User led self-help group based in Risca, for adults who suffer depression. 01633 619770  
Covers the wider areas of Chepstow, Newport, Cardiff, Pontypool, Abertillery and Tredegar.<http://www.shade.org.uk/>

**Substance Misuse Rhondda Cynon Taff,**   
An internet site where people who live or work in Rhondda Cynon Taff can access information on drugs and alcohol. 01443 443443  
Email: [contact@substancemisuserct.co.uk](mailto:contact@substancemisuserct.co.uk)[www.substancemisuserct.co.uk](http://www.substancemisuserct.co.uk)